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Task 3 Reflection

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The purpose of this report is to reflect on my experience of studying Academic Skills over the last 10 weeks. I have studied various aspects of the module which were challenging but also surprising. I have also learned new skills which were difficult to use at first such as: time management, note-taking, referencing, building academic paragraphs, paraphrasing, signposting, and the experience of working through Tasks 1 to 3. It has been eye-opening learning new skills which I can transfer to everyday life. Björktomta, S.-B., & Tham, P. (2024). Reflective writing seems to be a valuable and important part of students' development of metacognition by making their own learning visible. I will be reflecting from week 1 up to week 10 numerically and break down each session that I attended at the University and express how I felt.

In week 1 the session was about getting to know the university (Welcome Week) and time management. My experience with getting to know the university was simple and very welcoming. I have learned that the university has a lot to offer those who are willing to improve and excel in their skills to do better within themselves. The staff were helpful and had a lot of patience with the various people who were in the group at the time. The next half of the session was about time management and the various ways of strategizing it with different methods: such as the 4D strategy and the Einesenhower method. At first, learning these methods was quite confusing but on my own when I was at home, I kept reading through the session plan to familiarize myself with both of these methods. I did not have a specific emotion at the time, but I think it was a lot for my brain to process the new information I was receiving in the session.

Throughout week 2 up to week 4, the sessions were about: understanding assessments/finding information, reading/notetaking and referencing/academic misconduct with mock quiz. All 3 sessions were easy to understand such as reading through PowerPoint Presentation of the session, but I was nervous about how to structure an assessment. I was comfortable with week 3 because I like to take notes a lot of the time when I am learning a new skill that I want to develop. My experience in week 4 was difficult to go through. I believe when the session started my day was not going the way I wanted it to. Some of the students in the class were acting annoyingly by making a lot of noise and not paying attention to when the tutor was going through the session. Ironically, the session had a section about academic misconduct which triggered a negative emotion, and I had to let my anger out. At the time, I did think it was appropriate but reflecting on my current mistake, I cannot put myself at fault because there are still some students who are constantly disturbing the sessions. The mock quiz was the last, which I was comfortable with because I had revised the sessions on my phone when I was at home.

In week 5 to week 7, I had to do Task 1 which was a quiz. Then shortly after, I learned about building academic paragraphs, paraphrasing, using Turnitin, understanding academic writing and lastly Task 2 which was another quiz. My experience with learning these new skills was a bit daunting, and I had to really pay attention to what the tutor was teaching us about and having to go through two exams only 2 weeks apart. Reflecting on Task 1, I was so nervous about getting every question right that I could not stop myself from revising the lessons on the Microsoft Copilot mobile app every night. For Task 2, unfortunately I missed the session the first time, however I managed to speak with the tutor before it was finished, and I was lucky enough to re-sit it and the experience with it was quite comforting. From what I have learned so far from the course I have got along well with a couple of students, but one was annoying me about submitting work through Turnitin.

Then from week 8 up to 10, I learned about signposting, essay structure, summarizing, using reflective models and then Task 3 lastly. I had an idea what the session was going to be about because I was reading into the last 3 sessions at home again. It was imperative that I disciplined myself in reading those sessions, every night so I could have an idea of how I reflect on using everything that I have learned for the last task. Now, Task 3 was tricky for me to start on because I made a start on documenting in weeks 1 to 3 but I had got distracted with one student I was sitting next to because he thought it was ok to not pay attention but then want to ask so many unnecessary questions when he could have avoided it in the first place. It was more annoying when he messaged me on social media to ask me about the last task when I chose not to help him. Overall, those 3 weeks were about getting into gear for the reflective report in Task 3 which I was confident about

In summary, the experience over the last ten weeks of university has been great and eye-opening. I have learned so many skills and methods within the module that I can apply to my future business that I want to venture into. The improvements that I want to make from most of the module are paying a little more attention to the sessions. My personal growth would be that I have my confidence with getting stuck in the work has increased and having the motivation to walk into university on my free days to finish any task that was put forward to me. I also look forward to what term 2 has installed for me, and I am intrigued to see how small the class is really cut down. I feel like a lot of students will not be able to catch up because my experience so far has been challenging but fun. It is not the same feeling for them.

References -

Björktomta, S.-B., & Tham, P. (2024). Building professional identity during social work education: the role of reflective writing as a tool. *Social Work Education*, 43(9), 2847–2864.
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